

Count Yourself in - Let's Eat!: An Adventure That Begins in a Cookbook and Moves Out Into Life (Paperback)



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Reviews

Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Aliyah Mayer)

COUNT YOURSELF IN - LET S EAT!: AN ADVENTURE THAT BEGINS IN A COOKBOOK AND MOVES OUT INTO LIFE (PAPERBACK)

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Createspace, United States, 2011. Paperback. Book Condition: New. Martha Taylor (illustrator). 202 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****.What does it take for you to Count Yourself In? In this innovative book, Lesley Ann Taylor takes you through a model for living life that you practice while developing the everyday skill of cooking. Believing that we all want to take control of our lives to get the things that we want, she shows how it begins with moving up to choose to choose, moving on to choosing what we want, and moving into getting our dreams. This is ingeniously done with a Feast of Choice paradigm at the beginning of what turns out to be a cookbook in which you are encouraged to go on and play with Cooking Catalysts (aka recipes) that are not to be followed but to be changed. In the process, you change and become more able to take a bolder leap and a surer stand with more favourable results from wherever your starting point in the kitchen, and more powerfully in the game of life itself. This is a book for anyone who wants to simply learn how to cook with confidence in any kitchen with whatever food is to hand. It is also a book for anyone who wants to begin to understand how to live with confidence in any place with whatever adventure is to hand. It is about seizing the choice that is yours, to use what you ve got, to get what you want. A must read for anyone who wants to take ordinary things from ordinary places and get remarkable results.



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